

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/09

Key Topic: alcoholic beverages

Comment ID: 000709

Submission Date: 10/27/2009

Organization Type: Educational Institution

Organization Name: Kansas State University

First Name: Laura

Last Name: Parente

Job Title: Undergraduate Student

Key Topic: Alcoholic Beverages, Energy Balance/Physical Activity

Sub Topic: Weight maintenance

Attachment: N

Comment: Dear Committee Members,

For the 2010 Dietary Guidelines, there should still be a focus / discussion about being overweight and obese, however; I suggest an approach that focuses more on maintaining a healthy weight and lifestyle, instead of focusing so heavily on the prevention of weight gain and the promotion of weight loss Under the weight management chapter, simply replacing the phrase "prevention of weight gain" with the phrase "maintenance of a healthy weight" will help to achieve this.

With such a strong emphasis on the discussion of being overweight and obese, there was very little discussion about being underweight and the associated health risks. This topic is equally important as obesity. Furthermore, with too much focus on losing weight, the risk of eating disorders and /or malnutrition may increase, demonstrating a good reason not to neglect this topic

Under the weight management chapter, I'd also like to see a discussion about the role that proper hydration as well as water-dense foods can play in terms of controlling weight and eating behaviors.

I would also like to suggest that under the chapter related to alcoholic beverages that there is an increased discussion about binge drinking, especially important related to young adults, emphasizing the nutritional risks, health effects, and dangers of developing habits that could lead to more serious alcoholic consumption habits later in life.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/09

Key Topic: alcoholic beverages

Comment ID: 000703

Submission Date: 10/27/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Julia

Last Name: Black

Job Title: Nutrition Undergraduate Student

Key Topic: Alcoholic Beverages, Other

Sub Topic:

Attachment: N

Comment: Dear Committee Members,

As I reviewed Dietary Guidelines for Americans 2005, I came up with three suggestions for the 2010 publication.

The first would be to have a reference for specific needs of certain populations that would point them to relevant information in the text. Such as, diabetics, those with hypertension, various ethnicities, and age groups. With an increasing amount of people diagnosed with Type 2 Diabetes, it could be advantageous to have a quick reference for health professionals and educators that are asked questions on a 1 on 1 basis.

It would also be handy to have a conversion chart for the various measuring units and how they could be described easily to an individual unfamiliar with nutrition measurements.

My final suggestion would be to expound on the alcoholic beverages (Chapter 9). Instead of grouping alcohol into one category, perhaps discussing the risks/benefits of the major alcohol groups. For instance, the possible benefits of wine to a balanced diet was not discussed.

Thank you.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/09

Key Topic: alcoholic beverages

Comment ID: 000506

Submission Date: 05/26/2009

Organization Type: Nonprofit/Voluntary

Organization Name: Nutrition Educators of Health Professionals

First Name: Lona

Last Name: Sandon

Job Title: Assistant Professor/Registered Dietitian

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: This letter is in support of the continued inclusion of the beverage alcohol guideline of the Dietary Guidelines for Americans. The beverage alcohol guideline has been in place since 1980 and has remained unchanged while the body of scientific evidence has grown to support more robust messaging regarding the health risks and benefits of beverage alcohol consumption.

Education of health professionals and the public regarding the definition of moderate alcohol consumption and a standard drink is important for helping adults who choose to drink, do so moderately and responsibly. The guideline would be clearer with the addition of the statement that each standard drink contains 0.6 fluid ounces of alcohol.

NEHP has been a partner in the development and dissemination of the Educational Tool Kit on Beverage Alcohol Consumption with Standard Drinks: A Teaching Tool. The Tool Kit assists health care professionals to communicate the Dietary Guidelines on beverage alcohol consumption with their patients and clients. Research supports that discussing beverage alcohol consumption with patients and clients can help reinforce moderate consumption and reduce alcohol abuse. The Tool Kit can be found at www.alcoholtoolkit.org.

The National Institutes on Alcohol Abuse and Alcoholism launched a web site (<http://rethinkingdrinking.niaaa.nih.gov/>) designed to reinforce the alcohol guideline messages for those adults consuming responsibly and help individuals with potential alcohol problems identify harmful drinking patterns and strategies for intervention. The site defines a standard drink as 0.6 fluid ounces or 14 grams of ?pure? alcohol.

Thank you for the opportunity to provide comments and encourage the committee to include the amount of alcohol in a standard drink in the revised guidelines as follows:

A standard drink is defined as:

12 fluid ounces of regular beer

5 fluid ounces of wine

1.5 fluid ounces of 80-proof distilled spirits

Each standard drink contains 0.6 fluid ounces of alcohol

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/09

Key Topic: alcoholic beverages

Comment ID: 000544

Submission Date: 07/07/2009

Organization Type: Nonprofit/Voluntary

Organization Name: American Medical Women's Association

First Name: Omega

Last Name: Silva

Job Title: Professor Emeritus, George Washington University/ Past President of AMWA

Key Topic: Alcoholic Beverages

Sub Topic:

Attachment: Y

Comment: The more information we provide about the guidelines coupled with broad dissemination of the guideline will help those adults who choose to consume moderately and responsibly. Healthcare providers that counsel such individuals will also be able to better assist their patients.